

**Idaho School for the Deaf and the Blind**  
**Policies and Procedures**  
**Section: 300**  
**Subsection: School Wellness Policy**

**August 2006**

**Reference:** U.S. Congress in the Child Nutrition and WIC Reauthorization Act of 2004.  
Section 204 of Public Law 108-265.

**Purpose:**

Understanding the important role nutrition plays in healthy life-style choices and in the educational process, the Idaho School for the Deaf and the Blind (ISDB) is authorized and directed to develop and implement an efficient and effective nutrition program for the students and employees of the Agency that is in compliance with state and federal regulations, this policy, and sound nutritional practices.

**Policy:**

It shall be the policy of ISDB to promote general wellness among all students, faculty and staff. This will carry over into athletic activities, social events and in-school activities. All employees of the agency will support this program.

**Procedure:**

1. Financial Management

Child Nutrition shall financially operate on a non-profit, self-sustaining basis. The Agency shall be responsible for paying the employer costs of FICA and PERSI and for kitchen utilities. All other associated costs shall be the responsibility of the Nutrition Department.

2. Regular Menu Planning

In addition to Federal requirements, all menu planning must comply with the following guidelines on a weekly basis:

- A maximum of 30% of the calories may be from fat with not more than 10% from saturated or trans fats.
- Not less than 10% and not more than 20% of the calories must be from proteins.
- Not less than 50% and not more than 65% of the calories must be from carbohydrates.
- Menu planning should maximize fresh ingredients and minimize processed foods and added sugars.
- A maximum of 1% milk fat is allowed either for plain or flavored milk.
- A doctor's medical orders for individual students will be followed in lieu of the above requirements.

3. School Vending Machines – Healthy Food Guidelines

3.1 Beverages

- Fruit juice and vegetable juice (100%) with preference given to those fortified with calcium and vitamin D
- Mild or Flavored Milk, 2% or less

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- Water
- Carbonated Beverages are not allowed (exception is carbonated water)
- Exception to the above applies to vending machines in the ISDB 'round building' only

#### 3.2. Fresh Foods

- Fresh foods (fruits, vegetables, calcium rich dairy products, nuts, seeds, and whole grains).

#### 3.3. Snacks:

- Snacks are single serving foods found in convenience stores, vending machines, cafeterias or other 'quick environments'.

#### 3.4. Pre-Packaged Foods

- Maximum of 4 grams of fat per 100 calories
- Maximum of 600 mg. sodium per serving
- Minimum of 12 grams of complex carbohydrates (carbs) per serving
- ½ of the total carbohydrates (carbs) must be complex
- Serving size will be no larger than 2.5 ounce per packaged item

#### 4. The Role of Food in Rewards, Activities, Concessions, and Parties

- Educators are discouraged from using foods and beverages with low nutritional value as rewards.
- Concessions and class parties and celebrations are not exempt from the above guidelines.
- Healthy options are to be published on the Agency's website, in the Staff Handbook, and distributed to parents at the beginning of each school year.

#### 5. The Role of Food in Fund Raisers

- Candy and other foods with low nutritional value sold on campus must comply with above guidelines.
- Candy and other foods may be sold to off campus consumers for fund raising purposes.

#### 6. Physical Activity

- Physical Activity is to be encouraged through active engagement in recess, physical education classes, and intramurals which maximize the use of available space, time, and personnel.
- ISDB will provide all students and staff with opportunities for daily physical activity that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.

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7. Wellness Education for Students, Parents, and Staff

- ISDB will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices. This information is available on the Agency's website.
- Food service staff shall receive the training needed to comply with this policy.
- Wellness education (nutrition, fitness, safety, physical and emotional health) is to be included in the school curriculum and cottage life program(s). Instruction will be behavior-focused and interactive and will result in teaching the skills students need to adopt healthy life styles.
- Wellness activities will be integrated into the following activities: Red Ribbon Week, Healthy Heart Celebrations, etc. as appropriate.
- Staff will receive annual Wellness training.

8. Monitoring and Compliance

- The Wellness Committee will reconvene annually to review, revise, and evaluate the status of this policy.

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Revised/Approved – August 2006  
Harvey W. Lyter III, Interim Superintendent